



## Home Remedies for STDs

Sexually transmitted diseases, or STDs, can be a source of shame to most sufferers. Here, we describe some home remedies you can follow, along with prescribed medication, to reduce some of the [symptoms](#) associated with these diseases.

Sexually transmitted diseases, as the name suggests, spread from one individual to another through intimate sexual contact. Getting diagnosed with an STD can cause a lot of embarrassment to individuals. These diseases can be treated with the use of proper medication. Some people also turn to home remedies to further ease the suffering. Though home treatment alone cannot completely cure any STD, it can go a long way in helping the sufferer deal with the pain. Home treatment, which implies incorporating a few lifestyle and dietary changes, and making use of natural herbs, can be used for STDs such as gonorrhea, syphilis, chlamydia, trichomoniasis, and genital herpes. Let us take a deeper look at some such remedies.



*Please note: The herbal treatments and dietary modifications listed below can be effective only if you follow them in conjunction with the [prescribed](#) medication as recommended by your doctor. They can only alleviate the painful ulcers and lesions these infections cause, and help you acquire a healthier immune system, not cure the disease. Herbs should not be consumed without the guidance of a health care provider. If you are allergic to any of the herbs or ingredients listed below, do not consume or use them.*

### Herbal Remedies

#### Aloe Vera

Aloe vera, with its strong medicinal properties, is said to be a powerful healing agent against scars and wounds left by syphilis. Apply a thick layer of aloe vera gel to the wounds. Let it air dry. Apply twice daily till you see the scabs falling away and you get cured. Keep in mind that the gel should not be applied on an open sore and always wear gloves during the application to prevent further spread of the disease.

#### Tea Tree Oil

With its antibacterial properties, tea tree oil is another powerful remedy for soothing [STD symptoms](#). It can be used to ease the pain caused by chancroid and syphilis among other diseases. [Applying](#) this oil on the infected area with the help of a clean cotton ball can bring a lot of relief. You need to follow this mode of treatment for at least a few weeks before the infection goes away. Another method is to add a few drops of this essential oil to your daily bath to ease the painful symptoms. Women can apply very light vaginal douche of tea tree oil to soothe the discomfort from chlamydia, trichomoniasis, and syphilis.

### *Anthocleista*

The roots of this medicinal shrub, specifically of the species *Anthocleista djalonensis*, can be used to treat a variety of STDs. Thoroughly wash the roots and boil them in water for an hour. One glass of this concoction, daily, for a couple of months, can bring down the pain caused by syphilis and other diseases. If roots are not available, boil pieces of the bark and leaves. The fruits of the tree, if eaten raw, can also help.

### *Suma*

Native to Latin America, this root is used to combat STDs not just because of its antibacterial properties, but also because it helps build a stronger immune system which is very important to ward off potential diseases. Used in a similar fashion to anthocleista, boiling the roots, bark, and leaves of the tree and drinking the concoction, or consuming the fruits of the tree all help to fight STDs, especially gonorrhea and syphilis.

Other herbs used to treat sexually transmitted diseases are *Japanese privet*, *yellow thistle*, *astragalus*, *ginseng*, *Bupleurum chinense*, *woad root*, and *burdock root*. Concoctions made from roots and leaves of these shrubs have proven helpful in treating the ulcers caused by syphilis, chancroid, chlamydia, and trichomoniasis.

## **Home Treatments**

### *Baking Soda/Cornstarch*

Sprinkling baking soda or cornstarch on the sores and ulcers caused by syphilis and genital herpes can reduce the inflammation and itching.

### *Tea*

Tea contains tannic acid, which is known to bring relief to genital tissues. Brew a black tea bag, cool it, and place it on the areas around the genitals which have been inflamed with sores, especially in the case of genital herpes and genital warts. Discard the used tea bag after a few minutes.

### *Ice*

Ice cubes, crushed and wrapped in a plastic bag and applied to sores and inflamed genitals will bring instant relief from pain in the case of genital herpes and warts. This can be done several times during the day. Although the safest method, take care not to overdo it, as prolonged exposure to ice may harm the tissues.

### *Lemon Juice/Vinegar*

Dabbing genital warts with cotton balls dipped in lemon juice or vinegar will have an astringent effect on them, providing relief from pain.

## **Dietary Changes**

### *Yogurt*

A disadvantage of antibiotics is that they also kill the good bacteria along with the harmful ones. Yogurt, with its probiotic properties, is conducive for the growth of good bacteria in the body that help in digestion. Yogurt contains lactic acid bacteria and other live microorganisms which are probiotic in nature. Eating yogurt on a daily basis will ensure that the body does not lose its share of the good bacteria, which can aid digestion, keep you healthy and help you fight diseases better.

### *Garlic*

Because of its powerful antibacterial, antifungal, and antiviral properties, chew a clove of raw garlic every day to stave off the buildup of bacteria and other pathogens which in turn reduces the risk of developing sexually transmitted diseases.

### *Multivitamins*

A daily dose of multivitamins, especially those enriched with folic acid, zinc, and vitamins B, C, E, and K is essential for a healthy body. All these vitamins and minerals help in the faster recovery of the body from any disease.

Apart from these, drinking lots of water which will flush out toxins, and eating a diet rich in fruits and vegetables will keep you healthy, boost your immune system, and help keep diseases at bay.

Additionally, it is imperative that you maintain strict personal hygiene, avoid all contact with an infected partner, and wash and sanitize all clothes and bedding items on a regular basis to check further infection.

Sexually transmitted diseases cannot be cured without prescribed antibiotics and antiviral drugs, and should be treated as soon as they are detected. If left untreated, they can aggravate and cause serious complications, which can include various types of cancers like penile or cervical cancer, infertility in women, severe pelvic pain, arthritis, and can even be passed from a mother to her unborn child, which can also lead to birth abnormalities. Most STDs are asymptomatic in their early stages, hence it is essential that you screen yourself to avoid further complications. Prevent getting infected from sexually transmitted diseases by not having multiple sexual partners, and always using condoms. Vaccinations are available for HPV (human papillomavirus) and hepatitis B. Be responsible towards your partner. Inform them if you have had multiple partners before, or have had or are suffering from an STD. In case you are currently suffering from any such disease, it is best to abstain from any sexual activity for the sake of yours and your partner's health, and to check further spread. In short, practice safe sex and remain faithful to your partner, which will cut back the risk of acquiring a sexually transmitted disease.

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